

—MEETING ENTITIES AT LOWER LEVELS

—FOOD AND ENERGY

*The following excerpts are partial transcripts of a telepathic conversation between Explorer MAJ and an energy-being called John Osmer who it seems died in Salem, Oregon in November 1946.*

MONROE: Ask him how he feels about religion, as he knew it on Earth here, now that he is where he is now.

EXPLORER (MAJ): He says he was never religious; he used to think of himself as being an atheist.

MONROE: Ask him if he's changed his viewpoint at all since moving to where he is now.

EXPLORER: He kind of laughs. He gives the impression that, «Well, you know... everyone here knows that there is a divine plan.» He says: «We won't talk about religion especially, but the Spirit is what we are working with and on.»

MONROE: Ask him if he understands better the energy with which you are working with him right now.

EXPLORER: Well, he says he surely understands it better, because when he was on the Earth plane, he was not open to such communication. But he says he has much to learn in this area.

He was very attached to his work. He made his work almost a god. So he built up his next realm. He has to work that out and then move on to another place where he can develop more artistic sides of himself, and another where he can develop his spirituality higher. He says our attachments and preoccupations with certain aspects of existence predetermine where we go, what planet we work on, what our main activities are. Once we get pass a certain level of... I guess he refers to it as a «level of confusion»... a level in which many spirits, many entities are kind of trapped... They are able to communicate with both sides somewhat, but without any expertise. They can't be really helpful to anyone... I guess it's what we talk about as the *astral plane* where no real work is done. It is like an interim; but when one is in that interim place, it feels... well, it feels partly confused, but not too far from the way one felt on the Earth plane.

MONROE: Very good. Does he expect to return physically to the planet Earth?

EXPLORER: He says he really doesn't have that knowledge. He has no expectations. He says he is in a place where he has something to do right now, and he says he's not one of the *planners*... whatever that means...

MONROE: Does he know who the *planners* are?

EXPLORER: He says all he knows is that there are hierarchies of spirits.

MONROE: Has he met some of the hierarchy?

EXPLORER: He says he has met messengers, people —not people ... entities— who are more highly developed than he, but he really isn't very clear about all that...

MONROE: *Here now is MAJ communicating with her favorite friend—in a non-physical way— Her friend's name is Hanz and she is with him at this moment.*

EXPLORER (MAJ): Hanz has been with me a lot of the time. Whenever I seem to be in a very spacy place, he takes my right hand in his left hand.

MONROE: Can you communicate with him?

EXPLORER: Yes.

MONROE: Ask him then, what he feels and what he thinks about where he is now.

EXPLORER: He really doesn't think about it very much. He experiences. He is connected to my development.

MONROE: Ask him if there is a difference in his perspective as to where he is now than when he was on the planet Earth physically.

EXPLORER: Oh, yes, he says there is an utter lack of «trying» where he is now.

MONROE: Then what is important to ask him as to what he feels about physical life existence on this planet Earth?

EXPLORER: It's like a testing ground, a proving ground — with our bodies. We are able to work out our *karma* in a more effective way than in the other planes. He says as far as he can understand —and he says, too, like so many of the other entities over there— that he has much to learn. He is in a higher level of development than the gentleman we spoke to before (Mr. Osmer). He lets me know that, but it's not with a sense of pride or anything, it's just a statement. He says that, originally, the Earth plane was put together as an amusement... just a toy, a game... that somehow, got out of hand...

MONROE: Who created the toy; the game?

EXPLORER: The perfect energy; the pure energy; infinity; he says we call it by lots of names... the Creator. He says it wasn't an accident; it was created, planned; a concept.

MONROE: Very good. Ask him if from his perspective he can perceive patterns that will take place in time and space in the near future for the Earth.

EXPLORER: He says yes and tells me right away, personally, that certain patterns have been hidden from me. Others have been given to me very clearly.

MONROE: Ask him if our understanding of brain/mind, from the viewpoint where he is now, is anywhere accurate.

EXPLORER: He says there are different approaches on the Earth plane to the concept of brain/mind —some more accurate than others— but that Man has more than one mind. He has one brain, but he has more than one mind.

There is a mind that is like the higher mind; there is a human-level mind... that we usually think of as our analytic mind... The brain itself is like a storehouse, like a computer... This is interesting... He says that the human brain has within it a composite of experiences that extend beyond the lifetime of the individual. And it is the mind that interprets...

The higher mind knows. The higher mind is wiser... touched with the wisdom... but the ordinary, every-day human mind is the interpreter of the information that is stored in the brain... Sometimes, Man may discover a way to tune in to that storehouse of information, just like it has been discovered a way to tune in to stored memories of a lifetime —throughout the lifetime. He says there will be a natural evolutionary process that will go along with a higher level of consciousness...

Some of the attempts at jolting the mind —no, the brain— by forceful means... have sometimes been harmful... some of the heavy drug usage, particularly, sometimes create a lesion between the memory bank and the current short-term, or even long-term human memory. A lesion is something like a leakage so that some of these things would leak through, but not in an organized, sensible fashion, creating apparent psychotic episodes... and not particularly useful..

Some of our methods of attempting to cure these psychotic episodes are more disastrous than useful —and particularly in terms of drugs. With just a kind of gentle understanding, of patience, the kind of reaching-out to a person on an unconscious level... some of the scars may be healed. In the case of psychotic episodes it is more useful to the individual

to heal over these leakage spots than to try to pry them open further, because if we allow the patterns, say, in a more normal brain, if we allow the patterns to develop in their own way, there will be spontaneous states in which the stored memory will pour through. He says this work we are doing now is one way of tapping into that information.

*(Abruptly ended on tape.)*

#### FOOD AND ENERGY

EXPLORER (MAJ): A man is coming in to join us... I asked him who he was and he said he was another guide on the same plane as Hanz. His name is Minerton.

MONROE: Fine... Ask him if he has a specialty in the business of guiding.

EXPLORER: He says he has an interest in the outdoors and things to do with land and conversation... He doesn't know if that is a specialty or not... he kind of chuckles about that.

MONROE: Well, that's a pretty good specialty, yes... Ask him if he understands the basic needs of the growing of plants, for example. Does his interests go into that?

EXPLORER: He says sometimes he can communicate with the plant spirits and sometimes he can put humans in touch with plant spirits.

MONROE: How does he do that?

EXPLORER: He has a way of getting attention, getting the attention of the human. Sometimes he just kind of imperceptively reaches out, so the human feels a pull toward the plant. He says that is why there are some people who seem to know exactly what to do in the growing of plants, trees, and all kinds of foliage.

MONROE: Does he know of any way to make plants grow any better?

EXPLORER: The plants need fresh, clean air and sunshine, and of course all the fertilizer and water... but it needs another quality: a kind of recognition of its consciousness. And those people who take care of the plants are able to help the plant grow by recognizing its consciousness, being completely aware that this is a conscious being. The plant responds to this and would just put out everything it has toward growth.

MONROE: Is there a way that we can learn to do this?

EXPLORER: He says it's not a matter of learning but a matter of just accepting that this is a fact and adjusting one's attitude accordingly —simply be aware that each plant has the capacity to feel its environment and feel the emotions.

MONROE: What attitude should we take when we harvest the plants for our own consumption?

EXPLORER: A thankful attitude. Thanking the plant for growing, because this consciousness of the plant does not intend to be continually living in the plant form. It is well willing to be transformed into another level of consciousness by being used as food or any other industrial

use which is necessary for survival. So we must have an attitude of thankfulness... like thanking the plant for growing to this state. He says it really does the plant... the plant really has a choice. There is a choice factor of growing larger and more healthy...

MONROE: If we consume such a plant, does that consciousness then become a part of the person that consumes the plant?

EXPLORER: Yes. It contributes to the life force. That is why people are more vibrant, more alive, who eat fresh and raw foods, because the consciousness is still alive in the plant, and transferred to the person or animal who consumes it.

MONROE: How long does the consciousness stay within the plant after harvesting?

EXPLORER: He says a maximum of two weeks. The sooner after it's harvested that it is consumed, the better it is.

MONROE: Does freezing affect the consciousness or its disappearance from it?

EXPLORER: He says it dims it, makes it less conscious; but if it is frozen very quickly the benefit from the consciousness is still there... but not to the same extent, as if it were consumed fresh. But it is better to freeze in these terms —it is more useful to freeze than to cook.

MONROE: I see... Then, by inference, the best way that we would have plants for our consumption, in winter time, as it were, would be a greenhouse, where we could have fresh plants?



EXPLORER: Yes, it would. He says there are other benefits to the edible plants... besides transmitting this life force through the consciousness, there are nourishing effects of the cooked plants and the stored plants also... but to get the maximum effect, one would eat fresh, raw, edible plants.

MONROE: Ask him if he has ever existed here on the planet Earth, and if he is aware of the plants that we have...

EXPLORER: He says yes.

MONROE: What was his favorite plant?

EXPLORER: Rutabaga. I could hardly say that, because I just couldn't imagine it, but he says he likes it because it has a lot of vitamins. He likes beets and carrots and all the dark-leaf plants: spinach, broccoli. He is not as partial to those plants that have to be dried, but he knows that we must have them, and that they are useful... but he says you are asking him his own personal preference...

He says his own preference is to eat the fresh, raw vegetables and grains, fruits... He is showing fish... you can also eat fish raw... and I am kind of making a face. He says: «Well, you don't have to...» It has a lot of nourishment for you if you bake it or broil it. It is not so good for you fried, but I am trying to get him to talk more about beef... (yawn)... lamb, pork... hmmmmmm.....

He says a human being would be healthier and more resistant if he did not eat animal flesh, that we have developed a certain dependence on animal flesh, especially in cold climates. The body seems to require it, but according to him,

we would do better if we ate the grain directly instead of feeding it to the animals and eating the animals.. we would be more... he is showing me... people being kind of light and springy, and buoyant, resilient, and also resistant to diseases.

He approves of eggs, and he seems to approve of fish... He seems to be kind of on the borderline about fowl... it depends on the circumstances... it's almost like I have the feeling he is trying to say to me: «There are periods of time when Man eats different kinds of things; it has to do with their habits, patterns...» and so, one might sort of wean himself away from the fleshy animals and then maybe have fowl... well, maybe not that, but continue to have eggs and fish. I see a lot of fish all around with the other food. He says wild fowl is more health producing... that is interesting...

Food grown in the same area where one lives is healthier for the human body. The atmosphere contributes to the consciousness within the plant or animal, and that atmosphere blends in more perfectly with the consciousness that has been surrounded by the same atmosphere.

END OF RECORDING

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